



Behavioral Health Services

Employee Assistance Program

Call for More Information or
Professional Confidential Counseling
301.766.7600 or 1.800.635.2774

How Empowered are you? – A Personal Bill of Rights

1. I have numerous choices in my life beyond mere survival.
2. I have a right to discover and know my Child Within.
3. I have a right to grieve over what I didn't get that I needed or what I got that I didn't need or want.
4. I have a right to follow my own values and standards.
5. I have a right to recognize and accept my own value system as appropriate.
6. I have a right to say **no** to anything when I feel I am not ready, it is unsafe, or it violates my values.
7. I have a right to dignity and respect.
8. I have a right to make decisions.
9. I have a right to determine and honor my own priorities.
10. I have the right to have my needs and wants respected by others.
11. I have the right to terminate conversations with people who make me feel put down and humiliated.
12. I have the right **not** to be responsible for others' behaviors, actions, feelings or problems.
13. I have a right to make mistakes and I do not have to be perfect.
14. I have a right to expect honesty from others.
15. I have a right to all of my feelings.
16. I have a right to be angry at someone I love.
17. I have a right to be uniquely me, without feeling I'm not good enough.
18. I have a right to feel scared and to say, "I'm afraid".
19. I have the right to experience and then let go of fear, guilt and shame.
20. I have the right to make decisions based on my feelings, my judgement or any reason that I choose.
21. I have a right to change my mind at any time.
22. I have a right to be happy.
23. I have a right to stability – i.e. "roots" and stable healthy relationships of my choice.
24. I have the right to my own personal space and time needs.
25. There is no need to smile when I cry.
26. It is OK to be relaxed, playful and frivolous.
27. I have the right to be flexible and be comfortable with doing so.
28. I have the right to change and grow.
29. I have the right to be open to improving communication skills so that I may be understood.
30. I have a right to make friends and be comfortable around people.
31. I have a right to be in a non-abusive environment.
32. I can be healthier than those around me.
33. I can take care of myself, no matter what.
34. I have the right to grieve over actual or threatened losses.
35. I have the right to trust others who earn my trust.
36. I have the right to forgive others and to forgive myself.
37. I have the right to give and to receive unconditional love.